

## Suicide Prevention

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**Strategies** are the actions to achieve the goal of preventing suicide

**Approaches** are the specific ways to advance each strategy

### Strategies and Approaches

- Create protective environments
  - Reduce access to lethal means
  - Reduce substance use and access to illicit drugs
  - Create healthy organizational policies and culture (includes Anti-ageism and DEIBA – Diversity Equity Inclusion Belonging Anti-Ableism)
  - Reduce mental health disorders and substance use disorders stigma
- Improve access and delivery of suicide care
  - Easy access to mental health professionals
  - Easy access to intensive outpatient treatments
  - Easy access to substance use disorder treatment
  - Improve reimbursement of collaborative psychiatric care via telemedicine
  - Improve reimbursement of virtual mental health care, especially for rural and underserved populations (e.g., minorities)
- Promote healthy connections
  - Easy access to family and friends
  - Easy access to religious and spiritual communities
  - Easy access to support groups
  - Easy access to peer-led groups and social events and activities
- Teach coping and problem-solving skills
  - Educational programs (includes self-management and DIY training)
  - Individual and group counseling
- Identify and support people at risk
  - Early identification of people at risk
  - Train gatekeepers
  - Respond to crisis
  - Plan for safety and follow up after an attempt
  - Provide therapeutic approaches (includes mental health care and substance use disorder care)
  - Housing and work support
- Lessen harms and prevent future risks
  - Intervene after a suicide attempt (postvention) (includes psychiatric hospitalization)
  - Comprehensive, holistic mental health care

**Policies, programs, and practices** included have evidence of impact on suicide, suicide attempts, or risk and protective factors

- Make suicide prevention a priority

**Common unmodifiable risk factors:**

- Previous suicidal behaviors (includes suicide attempts)
- High ACE (Adverse Childhood Events) score
- People who have experienced violence, bullying, sexual violence
- Age above 70
- Family history of suicide

**Common modifiable risk factors:**

- Depression
- Loneliness
- Pain
- Loss of independence
- Lack of purpose and meaning
- Perceived and or real lack of agency (capacity to control and direct one's own life)

**Key Protective factors:**

- Being connected to family
- Being connected to community
- Easy access to mental healthcare
- Religious / Spiritual beliefs opposing suicide
- Willingness to engage in mental health treatment
- Good coping skills

**Types of Prevention – Institute of Medicine classification:**

- Universal prevention interventions: all residents at the time of admission get a screening (PHQ-9, Columbia Suicide Severity Rating Scale)
- Selective prevention interventions: targeted towards residents at higher risk (e.g., resident with depression and past history of suicide attempt)
- Indicated prevention interventions: targeted towards residents with suicidal ideation and or behavior / attempt

**Types of Suicide:**

- Psychosis related (e.g., Schizophrenia, Bipolar Mania, Psychotic depression)
- Impulsive (e.g., Borderline personality disorder)
- Premeditated

**Resources:**

- Call or text 988 suicide and crisis lifeline: confidential, free, and available 24/7/365
- Chat at 988lifeline.org: confidential, free, and available 24/7/365
- CDC's Suicide Prevention Resource for Action
- World Health Organization Live Life: Preventing Suicide